Jr. Lifeguard Program 2013

Junior Lifeguard Registration begins March 20, 2013

Information for all JG programs: 897-2680 or online at summerfun site.

Jr Guards A/AA Code 17467
Jr Guards B Code 17468
Jr. Guards C Code
17469
Jr Guards Nippers Code
17472
JG Swim Lessons

Jr. Lifeguards: Ages 9-17

7-week program from June 24-August 9 Mon-Fri, 10:30am-2pm (no JG's on 7/4) Cabrillo Bathhouse Fee: \$396/\$360

If your child loves the beach and ocean, they'll be sure to enjoy this world-famous, nationally-affiliated and disciplined training program incorporating swimming, running, competition, and education. This very popular program includes strenuous daily workouts, water safety, first aid, surf lifesaving, marine education, lifeguard competitions and more. Physical fitness and development are balanced with self-esteem and camaraderie. Strong swimming skills are a must. Special Registration Information: Group placement is based on the participant's age as of July 1, 2013 (the National Junior Lifeguard standard).

Jr. Lifeguard Nippers Program Ages 7-13

One 2-week program: June 10-21 Mon-Fri from 10:30am-2pm Cabrillo Bathhouse Fee: \$176/\$160

If you can't commit to 7 weeks of Jr. Guards or you just want to get your child's feet wet, this two-week experience of the regular nationally-affiliated program is for you! This program provides many of the same components as the longer Jr. Guard program, including swimming, running, paddle-boarding, marine and beach education; however, all activities are modified based on the lower swim and age requirement.

Jr. Lifeguard Parent Night

Wednesday, May 22, 6-7pm

Chase Palm Park Ctr, 236 E. Cabrillo Blvd.

If your child is in the Jr. Guard or Nippers program, attend this evening to meet instructors and receive information on program philosophy, safety, travel, competition, new activities, and Q&A time. Program packets and calendars will be available. This is also the deadline to turn in program excursion and uniform ordering forms.

Jr. Lifeguard Swim Lessons Ages 7-17

April 6-May 23 • Saturdays, 2-2:45pm and Mon/Wed or Tues/Thu, 7:15-8:15pm Los Baños Pool, 401 Shoreline Dr. Fee: \$61/\$55

Swim instruction is designed to prepare your child to pass the Jr. Lifeguard or Nippers swim test to participate in Jr. Lifeguards—or just shake off that winter rust. Saturday lessons are split into endurance swimming and stroke efficiency groups; weekday evenings are set aside for practice.

Jr. Lifeguard & Nippers Swim Test Requirements: New participants only

Sat. May 11, 2pm Los Baños Pool, 401Shoreline Dr.

Participant safety is our #1 concern. The Jr. Lifeguard and Nipper programs are ocean-based and therefore, it is a requirement that new participants complete a three-part, non-competitive pool test on Saturday, May 11, 2pm at Los Baños Pool and an untimed ocean swim with a satisfactory swim stroke on the first day of the program you are registered for to ensure participants are comfortable swimming in the ocean.

- Jr. Lifeguard Program: •100-meter swim in 2:20 or less
 •4 minutes of treading water •15-yard underwater swim
 Nippers Program: •50-meter swim in 1:15 or less
 •4 minutes of treading water •15-yard underwater swim
- * Make-up swim tests will be scheduled during the last week of the Jr. Lifeguard swim lesson program or will be based on satisfactorily completing the untimed ocean swim on the first day of the program.